

# probiotics IN THE DAIRY AISLE

THERE ARE  
**3,000**  
DIFFERENT KINDS  
OF PROBIOTIC SPECIES.

## What Are Probiotics?

AND WHAT DO THEY DO?

"PROBIOTICS ARE LIVE MICROORGANISMS THAT, WHEN ADMINISTERED IN ADEQUATE AMOUNTS, CONFER A HEALTH BENEFIT."

Source: World Health Organization



Beneficial "good" bacteria naturally found in the digestive tract (gut) help to digest food, make vitamins and protect us from harmful bacteria and viruses that cause disease.



Live & active cultures, found in certain fermented foods, may help change the ratio of good to bad bacteria or repopulate intestinal bacteria after the use of antibiotics.



Probiotics, as part of a healthy diet, support immune function and aid digestive health among other benefits.

**Yogurt** is a thick, cultured, fermented form of milk that contributes essential nutrients including protein, calcium, phosphorus, zinc and B vitamins. Choose from full fat, reduced fat and fat free options in both plain or flavored varieties.



**Greek Yogurt** is a tangy, protein-rich, concentrated style of yogurt.

**Kefir** is a fermented milk beverage. Its name stems from the Turkish word *Keyif*, which means "feeling good".

**Icelandic Skyr** is creamy and dense, like Greek Yogurt, but with less tanginess overall. Skyr is technically a 'cheese' sold in the yogurt aisle.

## Probiotics FOR A HEALTHIER YOU

Consider **fermented dairy foods**, such as **Yogurt, Greek Yogurt, Skyr and Kefir**, containing live & active cultures.

Consider **fermented, non-dairy foods**, including kimchi, sauerkraut, miso, tempeh, kombucha and cultured dairy-free alternatives. Keep in mind, heat often kills live & active cultures.

Consider a high-quality **probiotic dietary supplement** that is right for you.

For advice on probiotics for your specific health needs, contact your doctor or registered dietitian nutritionist